



Recipes



UNCLE KNIT KNOTS' HIGH ENERGY CEREAL BAR

The Imagination Movers invented this creative, homemade energy bar to inspire Uncle Knit Knots to liven up! Caregivers will be inspired by the smart use of unsweetened applesauce and sugar substitute that gives flavor without the empty calories found in some store-bought bars.



Ingredients:

- ☀ 1 ½ cups bran nugget cereal
- ☀ 1 teaspoon cinnamon
- ☀ 2 teaspoons sugar substitute
- ☀ ¼ cup dried apricots, finely chopped
- ☀ ¼ cup pecans or almonds, chopped
- ☀ ½ cup nonfat milk
- ☀ ½ cup unsweetened applesauce
- ☀ 1 large egg white
- ☀ ½ teaspoon vanilla extract

Directions:

1. Preheat oven to 325°.
2. Line a 9-inch square baking dish or cake pan with parchment paper.
3. Mix all the ingredients together well and press evenly into baking dish.
4. Bake for 20 minutes or until firm.
5. While still warm, cut into 1 x 4 ½-inch bars and leave in baking dish to cool for 20 minutes.
6. Remove from baking dish and spread out on a baking sheet and return to oven. Cook for 20 minutes, turning halfway through cooking.
7. Remove from oven and let cool completely before serving. Store in an airtight container for up to 4 days.



Makes 15 bars.

REMINDER TO SELF: Ask parents if children have any food allergies!